



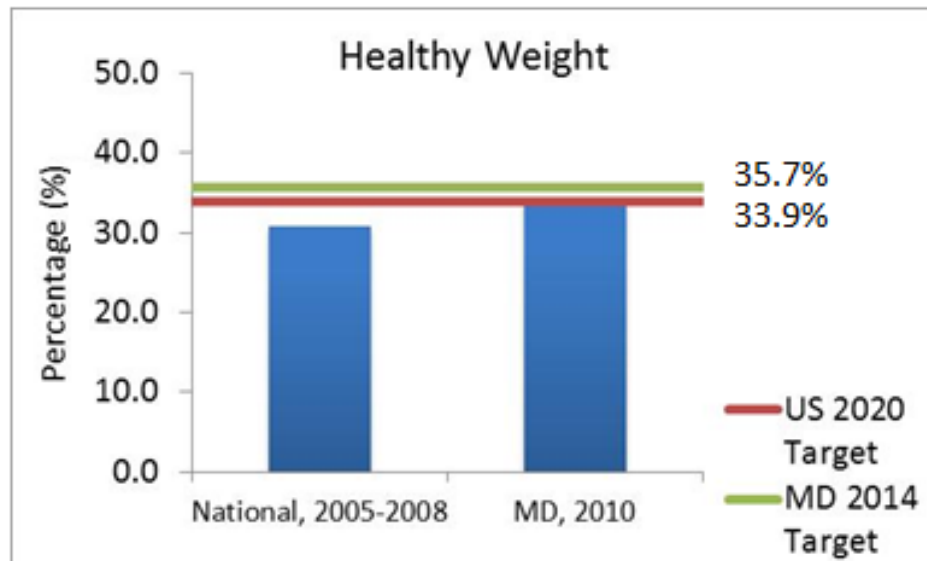
Vision Area 5: Chronic Disease

Objective 30: Increase the proportion of adults who are at a healthy weight

Forty percent of heart disease, stroke, and diabetes can be prevented through maintaining a healthy weight. Additionally, a healthy weight can aid in the control of these conditions if they are developed.

Statistics and Goals

Measure: Percentage of adults who at a healthy weight



Source: National Health and Nutrition Examination Survey and Maryland Behavioral Risk Factor Surveillance System

Current US Baseline	Current MD Baseline	Healthy People 2020 Target	MD 2014 Target
30.8%	34.0%	33.9%	35.7%

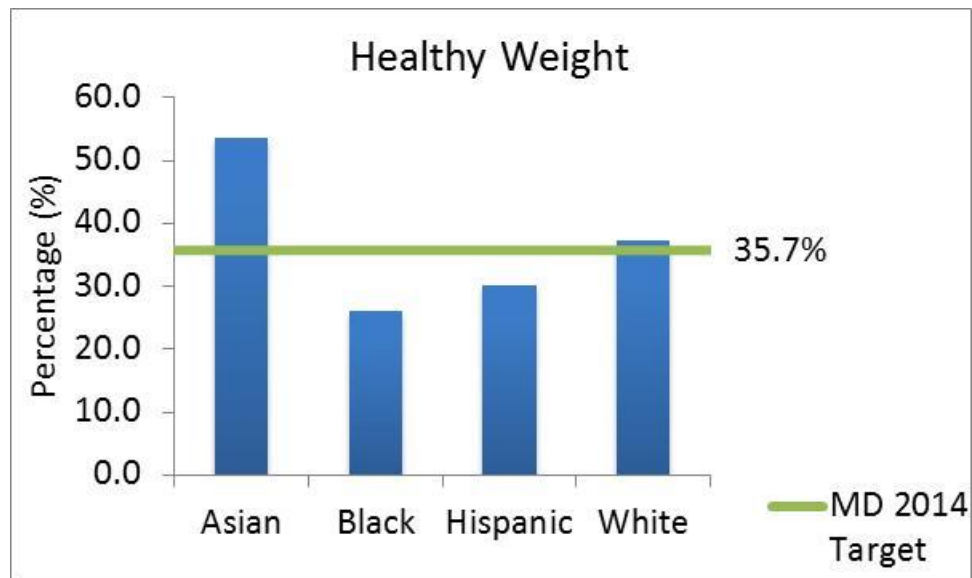
Go to Healthy People 2020 Objective

Detailed data information

[link to http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=29](http://www.healthypeople.gov/2020/topicsobjectives2020/objectiveslist.aspx?topicId=29)
[link to VA5, Objective 31, additional data](#)

Disparities in Maryland

Measure: Percentage of adults who at a healthy weight



Source: Maryland Behavioral Risk Factor Surveillance System, 2010 - Race and Hispanic origin are reported separately. Data for persons of Hispanic origin are included in the data for each race group according to self-reported race.

Asian	Black	Hispanic	White	MD 2014 Target
53.5%	26%	30.1%	37.2%	35.7%

[For more disparities information...](#)